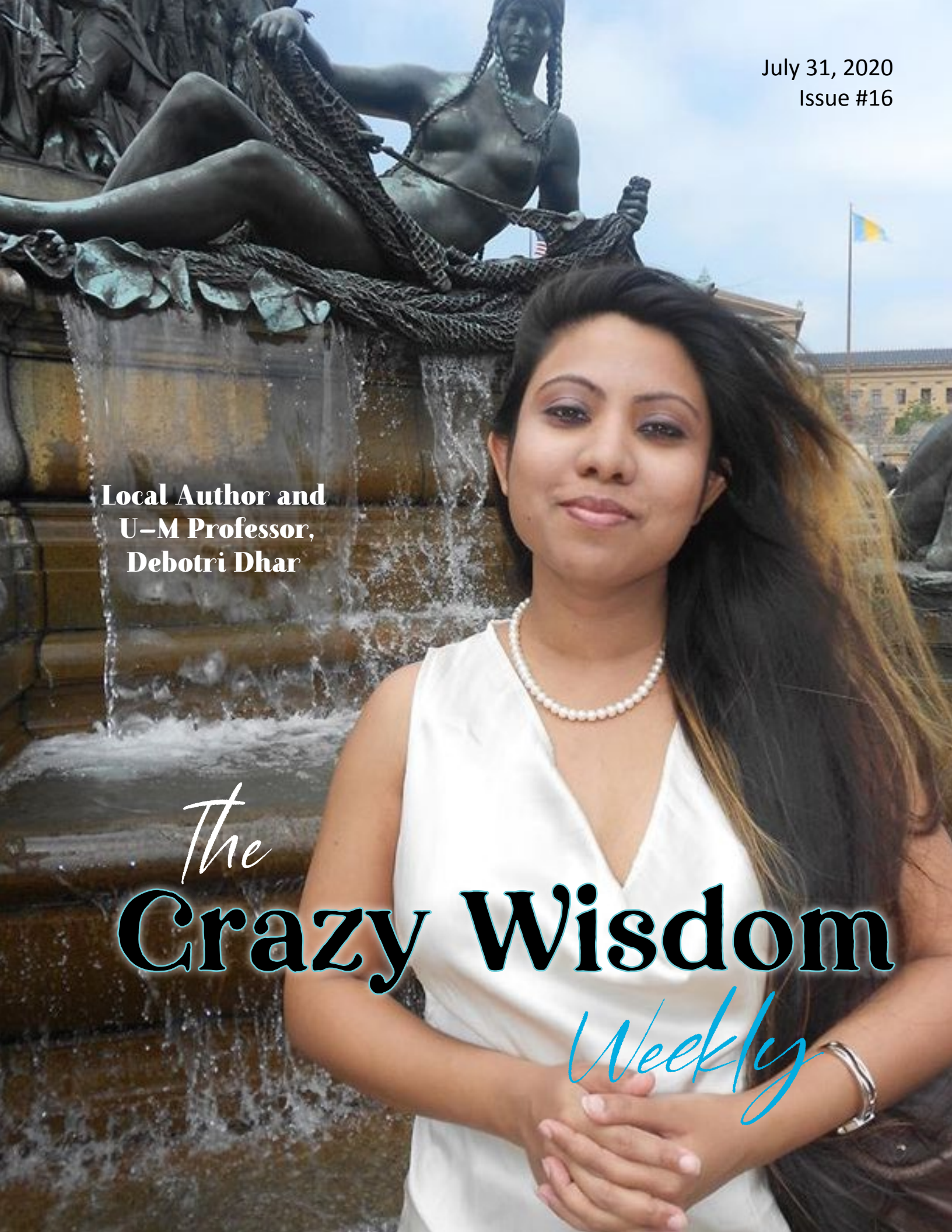
July 31, 2020
Issue #16



Local Author and
U–M Professor,
Debotri Dhar

The Crazy Wisdom Weekly

shining a light in the dark
Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

Our Lady of the Stars, by Jennifer Carson. See more of her artwork on her website.

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Washtenaw Community College

Training for Health Care Professionals

Gain an understanding of the origins of bias and the impact it has on personal perceptions and interactions. Build skills to manage and recognize bias in yourself and others while enhancing awareness and sensitivity in this three-session workshpp delivered live online from Washtenaw Community College.

Addressing Unintended Bias in the Classroom, Exploring the Potential of Your Unconscious Bias
Tuesdays, August 4-18
6:00pm - 8:00pm

Governor Gretchen Whitmer has directed the Michigan Department of Licensing and Regulatory Affairs to develop rules to require implicit bias training as part of the skills necessary for licensing, registration and renewal of licenses for health care professionals. Register today.

Cost is $115 plus fees. 0.6 CEU available. For more information, call (734) 677-5060 or visit WCC online.

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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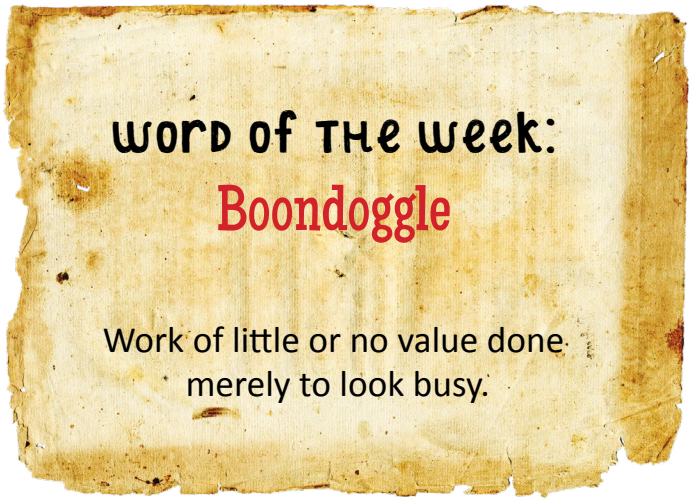
Thank you to our contributors for this issue:

Rachel Redmond
Callan Loo
Debotri Dhar
Michelle McLemore
Kirsten Mowrey
Lazslo Slomovits
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky



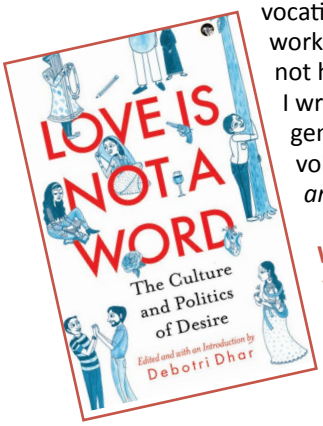
Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. We will publish our fall issue on schedule. In the meantime, we created a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

5 questions for author Debotri Dhar

When did you know you were a storyteller?

When I heard my first fairy tales as a child. Upon entering a delightful world of moats and magic wands, only to find [characters like] Snow White, Cinderella, and the princess Rapunzel, all waiting for their princes to come a-riding and rescue them from glass caskets, evil stepmothers, towers, and dungeons. I had an innate desire to tell these stories differently. I felt Snow White should have married one of the dwarfs; who knows how the rich, handsome prince would turn out, but the dwarfs with their surpassing beauty and tender strengths would love her forever! I wanted to craft my own fairy tales with strong women, and where the idea of waiting was not so gendered. The exquisite brutality of *The Little Mermaid* still sits inside me like a knife…that fish-tailed nymph, swimming out of the seas for the love of her prince, only to find herself in a bluer world where love's waiting never ends.

I was born in India, my first fairy tales were not always in English; I wanted to rewrite stories from other languages too, like Hindi and Bangla. To ask whether in literature and popular culture, then and now, there are as many instances of men waiting for love when women leave—for work or vocation or art. And what about literary works where the protagonist is male but not human—a ghost, a gizmo, a tiger? I write about all this in an essay on the gender of waiting, in my new edited volume *Love is Not a Word: The Culture and Politics of Desire*.



What draws you to a story? What is it you love about stories?

Well, I write across genres—I publish essays, novels, short stories, and scholarly work—so I tend to think of the word "story" in rather broad terms. For example, in my field of Women's Studies, we critique the story we were told, historically, that men had more intellect, and were more suited to leading homes and nations while "respectable" women stayed home. I love how we are telling our own stories now. We need to make space for new stories, including those that challenge binaries, and for people to tell their own. In *Love is Not a Word*, a Dalit woman tells her own story, a lesbian woman tells her own story, because those stories and experiences belong to them and not to me. I love how stories allow us to transcend our own realities by transporting us to different worlds, reengage with our presents, reimagine futures. I love lyrical writing, and stories of grit and grace.

What inspired you to write *Love Is Not A Word: The Culture and Politics of Desire*?

I started writing the introduction to this book even before I joined the University of Michigan in Ann Arbor as faculty in 2015. I wanted to move away from syrupy sweet romances, instead looking at the nuances of love as it has played out in literature, culture, history, politics, theology, and their interstices. Love can be as much personal as political, as much about poetry and passion as about power. This volume of 12 essays speaks to the trying, troubled, and less-than luminous shades of love, too, including its gendered politics, its race, class, and caste-related dimensions. It has an Indian focus, but is also in conversation with transnational ideas in keeping with my own journey. I wanted us to think about how love can be art, insight, event, encounter, aporia, utopia, ethic.

When you were a child, what did you want to be when you grew up?

Goodness, I wanted to be so many things! I was very good at academics, I loved libraries, and teaching my baby sister everything I learned, so academia was a draw as was teaching. I always loved to write, so there was that. But I also wanted, at different points, to be: an artist, a singer (I learned Hindustani classical music), a linguist, chef, interior designer, jeweler, adventurer, tarot card reader, and keeper of birds and ancient secrets. So I went with the first few professionally, becoming an academic, writer, and educator. The other loves have become hobbies since: I sing while I cook, love decorating my home, I collect gemstones, I travel—or at least used to, before the pandemic struck us all—and will deftly pull a tarot card when needed! As for the birds, I founded a global writers' circle called Hummingbird. That is also why I love Crazy Wisdom, by the way—you're one of the few places in the world that houses brilliant and erudite books alongside gems, cookbooks, and tarot decks! (And some delightful birds in wood, metal, stone, and shell that I have collected over the years, including hummingbirds and owls.)

What was one of the most surprising things you learned about yourself while writing this book?

That through all the pain and challenges I have faced personally, and the knowledge and wisdom I may have gained, whether from libraries or from life, I remain a hopeless romantic. (In fact, I want to challenge the received wisdoms of language and recast that phrase as a hope*ful* romantic.) I believe in love, you know, and in soulmates. I find the thought strangely comforting.

Learn more about Debotri Dhar on her website.

What Are Your Unconscious Beliefs?

By Kirsten Mowrey

Howdy! How's your summer going? Are you able to breathe? In breath, out breath. Repeat. Like that. Slower now, *innnn* breath, *ouuuuut* breath. Yes, keep that up.

While you breathe slowly, I want to tell you about this quiz I took. Not one of those "your ideal vacation place" ones, though those are fun, but a different kind. One that related to all the events going on in the world today that gave me a sense of insight, a sense of being able to manage and to make the world better. That's a lot for a little quiz, isn't it?

This quiz was about categorizing pictures and measured my speed at doing it. From my reaction time, the quiz told me about my implicit bias. We all have implicit bias, it's a part of being human. We are raised in a particular setting, with our local standards and we go forward in our lives with these standards. Like those boards for babies, where they learn shapes; that round shapes fit in round holes and square shapes fit in square holes. We learn a shape and then we go around the world viewing it through that shape.

But what happens when a square meets a circle, and they communicate? Circles can't see corners and squares can't see curves, so each has a bias. There are limitations within each shape and neither is right or wrong. There are choices, however. (Still breathing? No? *Innn* breath, *ouuuut* breath. Repeat!)

One choice is for the circle to live in a circle only world, so no corners ever appear. Another is for the circle to ignore corners—such difficult places, where two walls meet, you have to stop and turn around. Another is to become curious about corners, wow—what a concept, ending the lines here, how different it looks! Other choices are possible and they multiply when a circle and square meet—what if the square is large and the circle small? Or the square red and the circle purple?

So how does this relate to the quiz? (Hopefully you are still breathing here). The quiz is designed to inform you about your implicit bias on a particular topic. It can be exercise, or obesity. Or it can be race, sexuality, or age. Or weapons, disability, or Presidents.

I took the quiz as part of an online continuing education credit. I didn't have to take it, but I'm always curious about myself (who isn't?) and wanted to know. My class was on prejudice and race, so I took the quiz on Race. I began with identifying black and white faces, then identifying if a word was "good" or "bad." Then the two were combined, where I hit the same key for a black face and any "good" word, and the same key for a white face and any "bad" word. Then it was reversed, with a black face and any "bad" word and a white face and any "good" word. Based on my reaction time, the test sorts you into a bias category. (*Innn* breath, *ouuuut* breath, *innnnn* breath, *ouuuuut* breath)

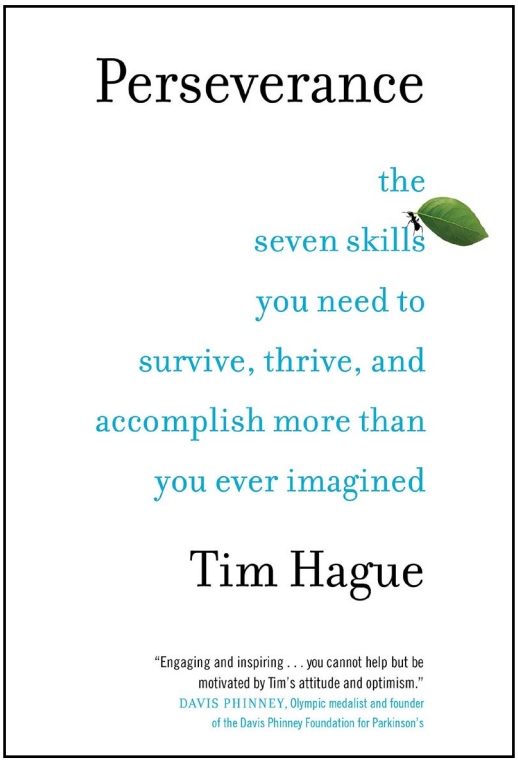
I found my results insightful. I am continually overwhelmed with emotion from reading the news these days, and I long for a kinder, more compassionate world. I strive to be the best person I can be. Yet, I have implicit bias like everyone else, so doing this quiz was important—if my unconscious beliefs contradict my longings, I'm taking two steps back for every step forward. "Be the change you wish to see" said Gandhi, which means I need to face my squareness/circleness and see more of myself, including the hidden parts that I don't know are there or know and don't want to acknowledge. And the beauty of this test is that I did it in private, able to be vulnerable to the results and awareness safely. Working with my own implicit bias gives me a sense of power, because I can manage myself and work with my edges no matter what happens in the world.

I hope you will want to take the quiz; maybe on race, maybe on health, or a topic that is more urgent for you. You can find it here:https://implicit.harvard.edu/implicit/ I hope you receive the insight and value for time that I did. And keep breathing, our world needs us to keep breathing.

Kirsten Mowrey has written a number of feature stories for the Crazy Wisdom Journal. Learn more about her on her website, Kirstenmowrey.com.

Crazy Wisdom Book Pick of the Week

By Sarah Newland


Perseverance
the
seven skills
you need to
survive, thrive, and
accomplish more than
you ever imagined
Tim Hague
"Engaging and inspiring . . . you cannot help but be motivated by Tim's attitude and optimism."
DAVIS PHINNEY, Olympic medalist and founder of the Davis Phinney Foundation for Parkinson's

After starting a family and flourishing in his career, Tim Hague was struck by misfortune. The irritating tremor in his foot turned out to be early onset Parkinson's disease. He was only 46 years old. But what seemed to be an end became a new beginning. Just three years later, Hague won the inaugural T*he Amazing Race Canada* (with his son, Tim Jr., as his teammate). His remarkable life story shows that perseverance is not just a matter of willpower: it is a skill that can be learned and honed.

Inspirational and entertaining, Hague's message is both simple and profound: perseverance isn't just something a person has, or a trait we admire in others. Hague's book, like his life, is a guide to how we can all learn to persevere in the face of daily struggles--or even life-changing illness.

Click here to purchase a copy of Perseverance.

From Our Blog

Community, Connections, and Ceremony

By Callan Loo

Community (noun): a group of people living in the same place or having a particular characteristic in common. Also: a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

At face value both of those definitions of community make sense, don't they? As I apply them to my own life, however, they don't quite fit and I suspect I'm not alone in this. The issue is that I feel like I never really belonged to any one group, and I don't honestly think that my current core attitudes, interests, goals, and values have been overly influenced by any particular fellowship. I spent most of my life feeling like the proverbial lone wolf that didn't exactly "belong" anywhere, and I've moved around so much that until recently it's been hard to associate very deeply with any one group or place. Smartphones and social media have a major impact on the way I connect with family, friends, and social groups, but I am often left with a feeling of being less connected using these platforms.

Isn't it interesting how these tools that can connect us instantly with others can also leave us feeling even more disconnected? Our core craves for a more meaningful and tangible community. Many of us have gotten caught up in the always-on, over-subscribed, information-overloaded, continually-interrupted, "do-do-do" lifestyle that leaves us feeling stretched thin and stressed out. We seem to desire connection but feel the need to unplug in equal measure. Any of this sound familiar to you?

Along with a sense of belonging to community, another important thing that's been largely lost in today's world is the art of using rites of passage ceremonies as a way to connect us as individuals to the greater community and prepare us for the big life changes that life surely brings. As highlighted in Maureen McMahon's article exploring rites of passage in the May 2018 issue of *The Crazy Wisdom Community Journal* there are indeed some groups using rites of passage effectively, but my own research and experiences shared by friends and colleagues show that the majority of us aren't getting the benefit of conscious, meaningful, and personalized ceremony to ground us during times of personal transitions.

What exactly IS community in today's culture, and how does it apply to your life? Read more on our blog!

The Bridge to Divinity

By Michelle McLemore

We stood in line outside fidgeting in the brisk wind. One by one, the fire keeper smudged our bodies and we entered walking counter-clockwise, completing a full circuit around the center altar before sitting. As most of us were new to attending a woman's circle, we had to be taught how to correctly enter, how to exit, how to dress, and how to participate. And as I would learn from Grandmother Sasa (Record keeper and Keeper of the Eastern gate) entrances are different if a man leads the circle, so one must learn and remember. If any of us assumed each of these rituals were simply tradition, we would've missed the much deeper event unfolding with each subtle action.

Spiritual ceremony is not a mere event as in a graduation or a coronation. It is not a show of behavior like performing. Even the New Testament clearly discourages actions for the sake of appearance: "And when you pray, be not as the hypocrites, for they love to stand and pray in the synagogues and in the corners of the streets, that they may be seen by others. Truly, I tell you, they have received their reward." (*New Heart English Bible,* Matt. 6:5). In the 3D world, esteem in others' eyes is all that such performance will garner.

However, Matthew 6:6 continues to clarify a needed basic ritual: "…when you pray, enter into your inner chamber, and having shut your door, pray…." (Matt. 6:6). Regardless of religion or faith background, spiritual ritual provides a pattern for focus. Whether you isolate yourself physically, or learn to turn into an inner heart chamber, practiced ritual becomes your Way through and beyond.

Through the physical action and energy intention of a pattern we gain a proper approach—a coming to—in a manner compatible to sacred spaces and tasks. It prepares us mentally, spiritually, and emotionally, and in doing so, heightens our frequency, increases heart space, and helps facilitate communion with one's higher self, as well as (at times) Divinity. To do something *with* ceremony is to do it with honor, gratitude, respect, reverence, awe, and sometimes humble humor. Until the last few months, for many, there was a tendency to rush about, filling wakefulness with completed tasks. In doing so, the quality of said events, small and large, may have been less quality than they could have been—less spiritual than they could have been. It only takes a few moments—a few seconds extra to add intention to the actions. And this conscious focus into your daily life can keep you more connected for a more continuous, peaceful flow.

So how to begin? Consider that which is already a part of your daily life—a logical part to enhance.

Many homes and businesses across the world still today maintain personal altars. Yet, for many westerners, the dining or kitchen table is the household heart center. It is the one, consistent place people gather to socialize, ponder, pray, and eat.

Consider how you might prepare the table for the coming week. What does the family have coming up in regards to events or challenges? As you clear the table from excess papers and odds and ends, incorporate ceremony by breathing love, gratitude, hope, and fortitude into the cleaning and careful selection of fresh flowers, trinkets, candles, and perhaps an appropriate cloth as a center piece. Keep the decoration and symbols simple, but appropriate for inspiring needed energy. Each person who sees it will be drawn in for a private breath in this protected space. With ceremony in the design, it will hold space subtly nourishing others'.

For centuries, preparing one's food is another way people have incorporated ceremony into their daily lives. If you are harvesting from a garden, you may give a pinch of tobacco to the earth and ask for permission and guidance on what is

ready and healthy for you to eat. Consider every participant, and influence, which has led the food item to your hand: planters, rain, soil, harvesters, the animal, the crop, the store handlers. In today's world the chain from conception to our table may be elaborate and each influenced the process and end product—hence, each had an influence that will pass to you.

When your plate is prepared and you are about to partake, pause for a few seconds of ceremony. Raise your hands, palms down, to hover over your beverage and bounty. Bring your awareness to gratitude for the abundance, not want, regardless of the amount. Consciously intend the energy from your hand chakras to heighten the frequency of the meal so that it may be the highest blessing to the body. Then, of course, dig in with expectation of joy.

Though it is common to complain about a lack of time, the preparation of our spirit takes only a few moments and it is worth it. Ceremony may be added into many small parts of the day such as greetings, meditation, and preparing to begin your work. I learned by wearing long skirts, women harness earth energy. Walking in a set direction, builds the feminine energy within the circle through which we united. Deepening in ceremony, you enhance the commune-ability for sacred learning. It is a gift enabling you to love deeper, laugh truer, heal with higher frequency, wonder with heightened awe, and walk humbled with Spirit.

Michelle McLemore is a holistic health practitioner who lives in Brooklyn. To learn more about her and her services, visit her Facebook page @MichelleMcLemoreHealingGuide.

Heart of the Journey

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Michelle McLemore, Healing Guide

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@MichelleMcLemoreHealingGuide.

Oil Pastel by Ani Daher. Follow her on Instagram to see more @Ani.Daher.

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We are Gathered Here Today

By Rachel Redmond

We are gathered here today… from a safe distance… to witness a very different wedding ceremony than this couple dreamed of.

My name is Rachel and I'm a wedding officiant, serving couples who seek a non-traditional ceremony experience. It seems that nothing about 2020 has been "traditional."

A wedding is a significant rite of passage in a person's life, and it's a powerful symbol of love that gets passed down to future generations, to whom we become ancestors. It makes sense that many couples are grieving the elaborate wedding-day plans that were ruined after they spent months preparing to get married in the company of family and friends during the summer of 2020.

You mailed a "save the date" but never planned on sending a "change the date" to your guests (probably didn't budget for it either). Maybe you spent hours contacting all your vendors to negotiate a new date, a new venue, or refund your deposit. All of this, of course, on top of the countless hours you already spent to set up your dream wedding in the first place.

I really hope that all your vendors showed you care and flexibility this year, and I hope you find comfort in your partnership whether you've formally completed a ceremony or are still waiting for that special day.

To those of you who had to change your wedding plans this year, I see you. If you are feeling sadness or grief, let yourself experience that. It is okay to feel all the things you're feeling.

I offer you this consideration. Could it be that you're being redirected into something even greater than you imagined? What if this is an invitation for you to trust that there are greater gifts for you to experience? I even wonder if this experience is revealing the power of your love, and reminding you that the wedding is a significant marker of that union, but the wedding itself is only a symbol of a much deeper and lasting bond.

With all the best-made arrangements shifting right beneath our feet, I'd love to support you in creating a peaceful and memorable experience in your lifelong marriage journey. This summer, I have been offering affordable wedding officiating services for couples who have been required to change their dream wedding plans.

These days, most couples want a simple outdoor ceremony to tie the knot and initiate themselves into the next stage of their lives. It's really nice to have the Michigan summer weather and dozens of gorgeous (not to mention free) outdoor venues for small ceremonies.

One of my clients strategically chose to hold their ceremony on a Friday this year so that their one-year anniversary and celebration will land on a Saturday in 2021. Clever, right?

This is a really difficult situation for a lot of us. Without diminishing any of the pain about changing wedding plans, I invite you to see the opportunity that stands on the other side of this open gateway.

A sacred marriage occurs when the divine feminine stands with the sacred masculine in power and balance. You could experience this as a single individual because the masculine and feminine lives in all of us, yet there is an intense and undeniable sort of magick to find that union with another soul on this earthwalk.

Wherever you are in your marriage journey, celebrate yourself and the love you share.

If you are interested in working together with Redmond to create a beautiful ceremony this, visit her website ReverendRedmond.com or email her at ReverendRedmond@gmail.com.

Healing Nectar Arts

Compassionate Self-Care Cards & Posters

Created by: Evelyn Ann Barber, an educator of over 30 years, with a MA in Human Development, Leadership in Education, a BA in Child Development, and is a Certified Child Life Specialist. She is a passionate voice in education and healthcare settings and advocate for the health and wellbeing of children and families. Learn more at healingnectararts.com

Compasstionate Self-Care Cards and Posters are designed to offer a gateway for people to explore and share their experiences and emotions while building connections of trust and safety for healthier life skills, coping skills, and relationships one person at a time. The cards include positive affirmations and open-ended questions to promote healthy mental and emotional self-care.

healingnectararts.com

Crystal of the Week

By Carol Karr

Andalusite

Also known as the Fairy Cross Stone, Andalusite offers balance in your life. It grounds and stabilizes, maintains balance, and helps you find your center in times of adversity. Andalusite will reduce the tendency to create conflict with others or to defy your true path, too.

Used to encourage you to look at issues rationally by helping you to see the various sides to a problem or situation without judgement or fear. Andalusite can help protect you from psychic attack or energy drain. It assists you if you have a weak emotional body by replenishing your energy and protecting you from lower vibrations.

The Crazy Wisdom weekly Calendar

Online Workshops

Virtual Program - Cow Eye Dissection Demo • July 31 • Noon • Get a closer look at the anatomy of the eye and how it works together with the brain to create visual images as we demo a real cow eye dissection. Free and for all ages! Pre-registration is required. For more information please email info@lesliesnc.org or visit them online at www.lesliesnc.org.

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • August 7 • 10:00 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Virtual Meditation

Myriad of Meditations with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • August 2 • 6:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Flower Power!

By Laszlo Slomovits, Daniel Slomovits, and Brian Brill

The slide show features flower pictures Laszlo Slomovits took with his cell phone this spring and early summer, on daily walks in his neighborhood. His son Daniel (who is much more technologically adept!) put it together, and added a piece of music Slomovits had composed on his Native American Flute, and recorded with his friend, pianist Brian Brill, from Chelsea.

Laszlo Slomovits is one of the twin brothers in Ann Arbor's children's folk music duo, Gemini. Along with his brother Sandor, Laszlo has given concerts throughout the U.S. and a number of his award-winning songs are featured in songbooks music teachers use throughout the country. In addition to his performances, songwriting, and recording for children, he has set to music the work of many poets. To learn more about Gemini, and the brothers, Slomovits, please visit their website, GeminiChildrensMusic.com.

Click here to see the slideshow!

COMFORT FOOD

Recipes from Growing Your Resolve

By Michelle McLemore

See last week's ezine (Issue #15) for McLemore's article on commons herbs in your garden.

Herbed Angel Hair Mushroom Wedge
Makes 8 servings

Ingredients:
4 cups cooked angel hair pasta
¼ cup cholesterol-free egg substitute
½ cup grated Parmesan cheese
2 green onions with tops, chopped
1 Tbsp fresh basil
1 Tbsp fresh sage, chopped
1 Tbsp fresh mint, chopped
1/8 tsp ground black pepper
1 Tbsp olive oil
2 cups fresh mushrooms, sliced
1 cup Tomato-Sage Sauce (recipe follows)

Directions:
1. Preheat oven to 375 degrees.
2. Combine pasta with egg substitute, parmesan cheese, onions, basil, sage, mint, and black pepper in large bowl. Mix well. Set aside.
3. Heat oil in medium non-stick skillet over low heat. Add mushrooms, cook and stir 2 to 3 minutes or until tender. Add mushrooms to pasta mixture.
4. Spray 9-inch square baking pan with nonstick cooking spray. Pour pasta mixture into pan, pressing firmly until packed down. Bake 25 to 30 minutes or until crisp and lightly browned and center is firm to touch. Remove from oven; cool slightly.
5. Prepare Tomato-Sage Sauce; set aside.
6. Loosen pasta mixture from edges and bottom with spatula. Invert to remove from pan. Cut into wedges. Serve with Tomato-sage Sauce.

Tomato-Sage Sauce
Makes 8 (1/4 cup) servings

Ingredients:
2 Ten ounce cans no salt added whole tomatoes, with juice (we used canned crushed tomatoes)
1 tsp olive oil
3 cloves garlic, minced (we used less)
¼ cup fresh parsley, chopped
2 Tbsp fresh sage, chopped
2 tsp sugar
¼ tsp ground black pepper

Directions:
1. Heat oil in medium saucepan over low heat. Add tomatoes, garlic, parsley, sage, sugar, and black pepper. Cook over medium heat 30 minutes or until thickened.

Lemon Mint Blend Tea:

Ingredients:
¼ cup dried peppermint (or spearmint) leaves
¼ cup dried lemon balm leaves
3 Tbsp dried organic lemon rind, grated

Directions:
Combine ingredients. Bring 1 cup of water to a boil. Remove from heat and steep 1-2 Tbsp of the herb mixture in the water for 15 minutes; strain and drink. This tea is delicious either hot or iced.

Berry Mint Granita

Ingredients:
3 cups Simply Mixed Berry (Find near the orange juice!)
1/3 cup loosely packed fresh spearmint leaves, finely minced (extra
for garnish if desired)

1/2 cup white or gold rum
Directions:
Mix all ingredients together in an 8x8-inch or a 9x9-inch pan. Place in freezer and freeze for 3 ½ to 4 hours, scraping with a fork every 30 minutes and stirring the icy edges into the middle. Scoop into bowls to serve and garnish with extra mint leaves. May be covered and kept frozen for 1-2 days.

The Real Mojito (favorite of MI author Ernest Hemingway)
Servings 1

10 fresh mint leaves
½ fresh lime, cut into 4 wedges or lime juice
2 tablespoons white sugar, or to taste or ½ oz simple syrup
1 cup ice cubs
1 ½ fluid ounces white rum
½ cup club soda
Garnish: Mint sprig and/or Lime wheel

Directions:
Lightly muddle the mint in a shaker or crush with mortar and pestle. Add the rum, lime, simple syrup/sugar, and give it a brief shake. Strain into a highball glass over fresh ice. Top with club soda. Garnish with mint sprig or lime wheel.

Knowing is not enough; we must apply.
Wishing is not enough; we must do.
—Johann Wofgang Von Goethe
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